

## welcome



### **to all rowers, coxswains, and coaches;**

We would like to welcome you to the First Annual (hopefully) Midwest Masters Sprints. We appreciate your interest in this regatta and all of your support and assistance in getting an annual spring Midwest Regatta started. Since this is to be a USRowing registered regatta, we encourage all participants join USRowing prior to this regatta, see <http://www.usrowing.org> to join.

### **internet registration**

All of the registration for this year's regatta will be done on-line through RegattaCentral, [www.regattacentral.com](http://www.regattacentral.com). The entry window will be open from Monday, May 5, 2003 through midnight Wednesday, June 4, 2003. If you do not have internet access please contact the registration coordinator, Liz Hamilton at 614-885-0038 (daytime) or 614-876-1701 (evening) to assist with on-line registration for you.

### **features of this year's event**

- Sprint race course on Griggs Reservoir
- 30 four-lane flights are planned. All flights are a final.
- Singles, doubles, men's pairs, quads, fours and eights events
- Masters, including allowance for AA participants, lightweight, novice and intermediate (recreational) events
- Medals awarded for first and second place finishers in all flights in a medals ceremony after the last event.

### **important web sites**

General regatta information: [www.columbusrowing.org](http://www.columbusrowing.org)  
View and submit entries: [www.regattacentral.com](http://www.regattacentral.com)



**volunteer request**

The day of the event, GCRA is partnering with Scioto Boat Club for a river clean-up. As part of the Regatta we are asking all clubs to commit their participants to assist with this river cleanup effort after the Medals Ceremony. This will take approximately 30 to 45 minutes and will improve our chances of being able to host this event again in future years.

Please review and complete the following materials carefully.

**All entries must be made through  
RegattaCentral by 8 p.m. June 4, 2003.**

GCRA looks forward to hosting your crew in June!

Very truly yours,  
2003 Midwest Masters Sprints Regatta Committee



## important information: regatta site

In order to be able to host the regatta this year and the viability of future regattas on Griggs Reservoir the following special rules will need to be adhered to strictly by all, participants, coaches, and fans:

### **observation**

No observation of races from the bridge. No standing and observing of the race will be allowed from the Fishinger Road Bridge, due to incidents at prior regattas.

### **parking**

No parking on the grass or in non-designated lots. No vehicles, including trailers shall be parked on the grass or in parking lots other than those designated for the regatta. Violators will be ticketed and towed by the police.

### **trash**

Keep the park clean. Trash bags will be included with your race day packet. Please keep all areas of the park clean and dispose of all trash, litter or waste properly. This is critical to future regattas on the Reservoir.

*Violations of any of the above rules will negatively affect GCRA's ability host this regatta in future years.*



## important information: definitions

### **club**

Boats entered in events designated as "club" events must include only participants that are members of the registering club. No composite crews can race in these events.

### **composite**

Crews composed of rowers from different clubs can enter any event not designated as "club".

### **rec**

Rowers rowing in these events should be either novice rowers (defined below) or rowers who row in programs that practice two days a week or less.

### **masters**

Any rower who will have attained age 27 on or before December 31, 2003 may enter these events. Any rower who will have attained the age of twenty-one on or before December 31, 2003 is also considered a masters rower for the purposes of this regatta, but any boat containing a rower who will not attain at least the age of 27 by December 31, 2003, must average at least 27 years of age and will be classified as having an average age of 27 for handicap purposes. An age handicap system will be implemented. Any master's entrant failing to indicate a birth date on the entry form will be entered as a 21-year-old competitor.

### **novice**

Any sweep rower who started competing in sweep events after June 7, 2002 may enter novice events. Any sculler who started competing in sculling events after June 7, 2002 may enter novice sculling events.

### **lightweight**

Men	160 lbs. individual maximum
Women	130 lbs. individual maximum

## rules



*United States Rowing Association Rules of Racing shall apply, unless otherwise noted.*

### **hot-seating**

Hot seating (of equipment or personnel) will be performed at the crew's risk of missing an event. A crew needing to hot-seat rowers or equipment should let the dockmaster know prior to launching. Flights will not be delayed due to hot-seating.

### **equipment and bow numbers**

Bow Numbers must be used. Crews are responsible for bringing their own bow numbers to the regatta. This race will have four lanes so each crew should have a sufficient number of bow numbers for all its races. Bow balls and quick release foot stretchers are required on all shells.

### **race times**

An initial schedule of events and times is attached. A final schedule will be provided on the website after the registration window closes and will be available on race day. We will make every effort to run the races as listed in the final schedule and therefore, if boats arrive late at the starting line after all of the boats in their flight have started, they will not be allowed to race the course. "Hot-seating" of rowers, coxswains, and/or boats that delays the start time of a race will not be permitted. As a guideline, rowers, coxswains or boats should have at least 40 minutes between races to ensure that they will make it to the starting line on time.

### **race day check-in**

Race Day check-in will occur at the race site on Saturday, June 7, 2003 from 7:30 - 9:30 am.

### **coaches' and coxswains' meeting**

The coaches' and coxswains' meeting shall be held at the registration area at the course at 7:30 a.m. A race schedule, a map of the course and general rules will be included in competitor registration packages.



## rules

### **lightweight weigh-ins**

Lightweight weigh-ins will take place at Regatta Headquarters between 7:30 and 8:30 a.m. on the day of the race. If you have any questions about weigh-ins, please contact:

*Dan Rooney    rooney290@aol.com.*

### **equipment storage**

Shell trailer storage the night before the regatta must be arranged. To make prior arrangements, please contact:

*Jay Smith        614-481-0016  
                          jsmith@fopohio.org*

### **practice on friday evening or saturday morning**

Competitors wishing to practice Friday may do so if they follow these instructions:

- We have very strict traffic patterns on the Reservoir that must be followed. If any crew wishes to practice on the course on Friday evening or Saturday morning, please contact  
*Jay Smith        614-481-0016  
                          jsmith@fopohio.org*
- No rowing is permitted after sundown on Friday night (8:58 p.m.) or before sunrise on Saturday morning (6:04 a.m.).

### **awards**

Gold and Silver Medals will be given in every flight. Anyone interested in donating trophies for the event, please contact our Awards Ceremony Coordinator:

*Maria Esway    mariaesway@hotmail.com*



## entry information and deadline

EVERY participant must turn in a signed waiver form (attached). The waivers will be checked against your RegattaCentral entries, which is a time-consuming process. Submission of all waivers and entry fees by mail prior to the race is preferred by the Registration coordinator as this will reduce race day delays. Any fees or waivers not received prior to race day should be brought to registration area well in advance of the close of registration and shall be sorted into male and female piles and each pile should be organized alphabetically to assist the registration staff.

As previously stated, RegattaCentral will accept entries through midnight on Wednesday, June 7, 2003. After that date, entries will be *viewable* only. Please contact Liz Hamilton for any scratches after that date.

Each scheduled flight will include up to four boats. Slots will be filled according to the following criteria: 1) One boat per event from each club registering on a first come first served basis until all slots are filled, 2) Empty slots will be filled by a club's second boat on a first come first served basis and so on. Therefore, you may not be able to race more than one boat in an event. When registering, please designate your entries in order of preference (A, B, C) so that if some boats have to be scratched to allow all clubs to participate we scratch your lower preference boat(s) first. We will try to accommodate as many entries as possible given the lane constraints and time constraints of the regatta. We will let you know as soon as possible after the entry deadline what boats have made it in to what events. Refund will be made for any entries we have to scratch due to time constraints.

### entry fees

Eights:	\$65
Quads/Fours:	\$50
Doubles/Pairs:	\$30
Singles:	\$20

*Please make checks payable to GCRA.*

Please send your entry materials in advance of race day to:

*Liz Hamilton  
8001 Ravines Edge Court, Suite 200, Columbus, OH 43235*



## questions

Refer to the following resources for any questions.

### questions about submitting entries by internet

Support@regattacentral.com  
(Please, no regatta-related questions)

### other registration questions

liz@voyager.net

### regatta-related questions

sdybiec@humanfactor.com

### hotel information

#### Motel 6

directions I-270 N at exit #13-B, I-270 S at exit #13, Cemetery Rd.  
address 3950 Parkway Ln, Hilliard, OH 43026  
phone (614) 771-1500  
web:  
[http://www.motel6.com/reservations/motel\\_detail.asp?MotelId=1094](http://www.motel6.com/reservations/motel_detail.asp?MotelId=1094)

#### Homewood Suites by Hilton

address 3841 Park Mill Run, Drive, Hilliard, OH 43026  
phone (614) 529-4100  
web  
<http://www.homewoodsuites.com/en/hw/hotels/index.jhtml;jsessionid=44H1VC0Y2EOMHJ31AOSMHZQ?ctyhocn=CMHHIHW>

#### Comfort Suites

address 3831 Park Mill Run Dr., Hilliard, OH, US, 43026  
phone (614) 529-8118  
web  
[http://www4.choicehotels.com/ires/en-US/html/HotelList?sid=ZSWfM.2Mlr15J8f.1&areaid=85136&name=Columbus&state=OH&country=US&radius=40.22&latitude=39.9621&longitude=-83.0005&chain=CS&findhotel=full&city\\_name=Columbus](http://www4.choicehotels.com/ires/en-US/html/HotelList?sid=ZSWfM.2Mlr15J8f.1&areaid=85136&name=Columbus&state=OH&country=US&radius=40.22&latitude=39.9621&longitude=-83.0005&chain=CS&findhotel=full&city_name=Columbus)



## directions



### from the north

I-71 south to the outerbelt I-270 west.  
Take I-270 to Exit 13 (Fishinger / Cemetery Road).  
Turn left off the exit.  
Follow Fishinger Road to Riverside Drive  
(first light after crossing the river), turn right.  
Turn right into the park.  
Follow any signage or the directions of any parking volunteers.

### from the south

I-71 north to the outer-belt I-270 west.  
Take I-270 to Exit 13A (Fishinger / Cemetery Road).  
Turn right off the exit.  
Follow Fishinger Road to Riverside Drive  
(first light after crossing the river), turn right.  
Turn right into the park.  
Follow any signage or the directions of any parking volunteers.

### from the east

I-70 west through Columbus to the outer-belt I-270 north.  
Take I-270 north to Exit 13A (Fishinger / Cemetery Road).  
Turn right off the exit.  
Follow Fishinger Road to Riverside Drive  
(first light after crossing the river), turn right  
Turn right into the park.  
Follow any signage or the directions of any parking volunteers.

### from the west

I-70 east to the outerbelt I-270 north.  
Take I-270 north to Exit 13A (Fishinger / Cemetery Road).  
Turn right off the exit.  
Follow Fishinger Road to Riverside Drive  
(first light after crossing the river), turn right  
Turn right into the park.  
Follow any signage or the directions of any parking volunteers.

## waiver



USRowing members who have faxed their waiver to USRA HQ do not need to submit separate waivers for this regatta. If you have not faxed a waiver to USRowing, please do so to enable paperless waivers for subsequent USRowing-registered regattas this year.

IN CONSIDERATION of being given the opportunity to participate in \_\_\_\_\_ I, for myself, my personal representatives, assigns, heirs, and next of kin:  
ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.  
FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases names below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.  
AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.  
HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered on of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or allege to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY< SAVE AND HOLD HARMLESS each of the Releasees, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.  
I have read this agreement, fully understand its terms, understand that have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature \_\_\_\_\_  
(only if participant is under the age of 18)

PARENTAL CONSENT: AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_  
(only if participant is under the age of 18)

## events



### preliminary schedule of events

01	9:00 Mixed 4+
02	9:10 Men's 1x (A-B)
03	9:20 Men's 1x (C-J)
04	9:30 Women's 1x
05	9:40 Women's Ltwt 4+
06	9:50 Men's 4+ (A-B)
07	10:00 Men's 4+ (C-J)
08	10:10 Men's Novice 1x
09	10:20 Women's 2x/Women's Ltwt 2x
10	10:30 Women's Rec 8+
11	10:40 Men's Rec 4+
12	10:50 Women's 4+ (A-B)
13	11:00 Women's 4+ (C-J)
14	11:10 Mixed 2x (A-B)
15	11:20 Mixed 2x (C-J)
16	11:30 Men's 8+
17	11:40 Women's Novice 1x
18	11:50 Men's Ltwt 2x
19	12:00 Men's Rec 8+
20	12:10 Women's 8
21	12:20 Women's Rec 4+
22	12:30 Men's 2-
23	12:40 Men's Ltwt 1x
24	12:50 Mixed Club 8+
25	13:00 Rec Mixed 4x
26	13:10 Men's 2x (A-B)
27	13:20 Men's 2x (C-J)